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The Harlem Karate Institute, serving East Harlem for over 30 years

Harlem, NY(June 15, 2007)- **The Harlem Karate Institute** whose mission is to “*enhance the lives of individuals of all ages by teaching physical fitness, nutritional wisdom and other positive lifestyle methods*” has provided service to the East Harlem Community since 1978. It is the first martial arts center ever funded by the city and state, and operated as a non profit. With almost forty years of service to the Harlem community, **Dr. Ernest Hyman** along with the help of youth volunteers has been working steadily to service Harlem. **Dr. Hyman** trains youth starting from ages 5 in physical fitness, self confidence, and self respect. “*No is not an option, and can’t is not an excuse*”, he often says to the young black males who see **Dr. Hyman** as a father figure and role-model, in the absence of fathers in their own homes.

He has worked with all different populations of people, including the handicapped. Household names like **Doug E. Fresh, DJ. Red Alert, Africa Bambaataa, The Wu Tang Clan, and Rex in Effect** have all been taught under the positive lifestyle methods of **Dr. Hyman** and **The Harlem Karate Institute**.

A major focus within the institute is working with those young people who are considered to be “*at-risk*” youth. The institute stands firmly on the belief that “*at risk*” youth does not always fit into one single category. **The Harlem Karate Institute** has been able to successfully help young people who have behavioral problems that range from rebellion and aggressive behavior to youth that suffer from sleeping and eating disorders as well as peer pressure.

“*The Harlem Karate Institute firmly believes in “creating, maintaining and providing family based programs that are multicultural and intergenerational”*”, says Dr. Hyman. “*Our principles encourage positive behaviors and strategies to resolve everyday problems in life that remain with youth and families well after our programs are over*”, Hyman continues. The programs focus on improved self esteem, personal responsibility, problem solving, social responsibility, and goal setting.

Professor Daniel Stewart Sr. of the **Goju Elite Dojo**, a small martial arts training hall which is a brother school to **The Harlem Karate Institute**, trained at **The Harlem Karate Academy** in 1973. “*The Harlem Karate Academy was really about the kids in the community. If you had the potential to learn and wanted to stay off the streets it was the place to go. If I hadn’t gotten involved with The Harlem Karate Academy, I wouldn’t have ever started my own karate school*”.

Priest Matazack Mayam was also a student at the **The Harlem Karate Academy**. “*Back in the early 80’s, when there were crack lines around the corner on 122nd street, we cleaned up the community by teaching youth Martial Arts for physical fitness, discipline, self defense, and self esteem. I probably will never get compensated for anything, neither will Dr. Hyman. I will help fight lawfully in every way that I possibly can*”, says **Priest Mayam** who is also an instrumental part of the **Harlem Karate Institute’s** continued success in empowering youth.

On **Thursday, October 11th**, from **6 pm – 9 pm** at the **Harlem State Building, The Harlem Karate Institute** plans to celebrate and recognize those who helped to foster Martial Arts in the local community. **Dr. Hyman**

says, “*We are proud to announce our first **Recognition Dinner and Fundraiser** which will recognize those leaders and unsung heroes in the Martial Arts local community.*” Besides a short awards ceremony and sumptuous dinner, **The Harlem Karate Institute’s Recognition Dinner and Fundraiser** will also include an exciting 3 level **Martial Arts competition, prize drawings**, and more. There will also be sponsorship opportunities for various programs such as their “**Save The Harlem Karate Institute**” program as well as an opportunity to be included and advertise in their **Souvenir Program and Booklet**. For more information about this event call **Debra Dixon** of **Light of Gold PR** at **(646) 278-5568** or email us at [**info@lightofgoldpr.com**](mailto:info@lightofgoldpr.com) .